



FAQs

IYNAUS Convention 2026: Cultivating Freedom

1. Do I have to be a member of IYNAUS to attend the convention?

Yes, this convention is a benefit for IYNAUS members and members of other national associations worldwide. [Become a member of IYNAUS now](#) if you aren't already.

2. Where can I find my IYNAUS ID?

Go to inyaus.org. Select 'Member Login' from the top menu. You may need to reset your password if you forgot it. Log in to your IYNAUS member account and navigate to 'My Page'. Your IYNAUS ID is at the top of the page. If you belong to another association, please name which one.

3. Will a Livestream option be available?

Yes, online registration for the General Sessions launched on October 15, 2025. Online registration includes two 2-hour general sessions (Saturday-Tuesday) and the final 3-hour session (9 sessions total) on Wednesday. It does NOT include the four Bonus Sessions, which will be in person only in Philadelphia. Recordings will initially be available to livestream participants for 14 days.

4. What is the Cancellation Policy?

Until January 31, 2026: \$250 non-refundable deposit.

From February 1 to April 15: \$450 non-refundable deposit.

No Refunds After April 15.

Cancellations on Prop Kits will incur a \$50 processing fee.

5. What is the price of the IYNAUS Convention 2026?

Current pricing is available through April 15, 2026:

Option 1: General Sessions in person or livestream: **\$900**

Option 2: General Sessions + \$150 Bonus Sessions for CIYTs and Aspiring Teachers (in-person only): **\$1050**

Option 3: Livestream includes the 9 General Sessions Sat - Wed: **\$750**

An additional \$100 surcharge applies to registrations made after April 15, 2026. \$150 after May 15, 2026.

6. Can I pay in installments?

The installment options are closed. The final installment was due on January 31, 2026.

7. How much experience do participants need to have?

1 year of Iyengar Yoga experience.

8. What are the room prices at the Philadelphia Marriott Downtown and Sonesta Rittenhouse Square?

There are still a few rooms available at the Marriott for \$219 per night, with two queen beds or one king. Up to 5 guests per room - (you can request an additional cot).

9. What is the expected schedule?

Friday, May 22:

- Arrival, Registration, Prop Kit Pick Up – 11:00 a.m. – 7:00 p.m. - Grand Hall
- Marketplace – 11:00 a.m. – 7:00 p.m.- 204B

Saturday, May 23 - Tuesday, May 26:

- Registration – 7:30 a.m. – 8:30 a.m. - Grand Hall
- Saturday ONLY – Opening Puja - 8:45 a.m. – 9:00 a.m. - Ballroom AB
- General Session 1 – 9:00 a.m. – 11:00 a.m. - Ballroom AB
- General Session 2 – 1:45 p.m. – 3:45 p.m. - Ballroom AB
- Bonus Session – 4:15 p.m. – 6:15 p.m. - Ballroom AB

Wednesday, May 27 Morning:

- Final General Session, 9:00 a.m. – Noon - Ballroom AB

Marketplace (Room 204B) Hours:

- Friday – 11:00 a.m. – 7:00 p.m.
- Saturday – Tuesday – 7:45 a.m. – 8:45 a.m. / 11:15 a.m. – 1:30 p.m.

Evening Hours:

- Saturday – 6:30 p.m. – 7:30 p.m.
- Sunday – 4:00 p.m. – 7:30 p.m.
- Monday – 6:30 p.m. – 7:30 p.m.
- Tuesday – 4:00 p.m. – 7:00 p.m.

Archives (Room 204A) Hours:

- Saturday – Tuesday – 7:45 a.m. – 8:45 a.m. / 11:15 a.m. – 1:30 p.m.

Evening Hours:

- Saturday – 4:00 p.m. – 6:00 p.m.
- Sunday – 4:00 p.m. – 7:30 p.m.
- Monday – 6:30 p.m. – 7:30 p.m.
- Tuesday – 4:00 p.m. – 7:00 p.m.

Other Important Events:

- Time for Regional Photos and Meetups – Monday, 11:15 a.m. – 1:30 p.m.
- Buffet and Variety Show – Tuesday, 7:15 p.m. – 9:00 p.m.

*Schedule is subject to change.

10. What is included in the prop kit, what is its cost, and where can I pick it up?

1 zippered bag, 2 Pune blankets, 2 narrow foam platforms, 1 belt, 1 double buckle belt, 1 block - \$240.00. Bring your mat or purchase one onsite.

Prop kits will be available to those who ordered on-site, in-person, on Friday, May 22.

Shipping and handling will incur additional charges for livestream participants who require delivery of the prop kit to their home.

Props Kits will no longer be available to purchase after March 1, 2026.

11. If I have already registered for the IYNAUS Convention 2026, can I still purchase a prop kit?

Yes, please email contact@iynaus.org for more information.

12. How do I order an IYNAUS Convention 2026 T-shirt?

Multiple T-shirt designs (as well as tank tops, hats, and sweatshirts) will be available in the lead-up to the convention. Stay tuned. When they are available, IYNAUS will send e-blasts and post on the website.

13. How can I take care of myself at the convention if I have specific needs?

We will have large wooden props and additional supports, such as extra blankets, chairs, belts, blocks, and bolsters, as well as a designated area available for those who may need support.

14. Is needs-based assistance available?

Yes! The IYNAUS Board is making funds available to each region, which may also have regional funds earmarked. Contact your region directly for assistance. If you are unsure where to start, each region's board representative is on the IYNAUS website under the Board & Staff tab.

15. I can't get a room for the dates I need at the Marriott. Is there another suggestion?

Yes! The Sonesta Rittenhouse Square has overflow rooms available for the same rate of \$219/night and is a short 13-minute walk to the venue.

16. What props should I bring if I did not order the prop kit?

Bring your sticky mat, the props you need for shoulderstand - such as three or 4 blankets total. 1 block, and either a double buckle belt and a regular belt or 2 regular belts if you do not have a double buckle belt.

17. Will there be a place on-site to store our props?

Yes! There is a secure room on site for storing props overnight and between sessions.

18. When should I arrive?

Arrive on Friday, May 22, between 11 a.m. and 7 p.m. to pick up your name badge, magazine, and prop kit if you ordered one. If you arrive after 7 p.m. on Friday, there will be a registration window from 7:30 - 8:30 a.m. on Saturday before General Session 1, which starts at 8:45 a.m.

19. Are there day passes or any prorates available for this convention?

No, you must register for the entire convention to attend.

20. I didn't realize the Bonus Sessions were open to everyone. Can I still register for that?

Yes! You can still register for the Bonus Sessions. Email convention2026@iynaus.org.

21. What happens if I become unwell while attending in Philadelphia?

If you become unwell, stay in your room and do not join the in-person session. Email contact@iynaus.org.